



MOVING A BAG FROM PALLET TO WORK TABLE

No matter what the weight of the bag you are handling, don't do it with your back because it is not just the weight of the bag you are lifting but also the weight of your upper body. To make yourself stronger and take the upper body weight off your back simply get used to handling things in a wide stance with your knees bent. That will help you "find your center", which means any force that your body has to absorb is taken up by the legs leaving your back alone. Even little jobs done often enough with your back will eventually wear you down.

Move the load from your back to your legs, always!